

**TRADITIONAL REMEDIES FOR KUNMAM(ULCER)- A REVIEW****G. Pratheep\*<sup>1</sup>, D. Sowmeeyha<sup>1</sup> and K. Elavarasan<sup>2</sup>**<sup>1</sup>UG Scholars and <sup>2</sup>Lecturer

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**\*Corresponding Author****Dr. G. Pratheep**UG Scholar BSMS, Erode  
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An ulcer in the stomach is known as gastric ulcer while in the first part of the intestine is known as duodenal ulcer. Medications used to decrease acid is usually either a proton pump inhibitor(PPI) or an h2 blocker with 4 weeks of treatment. Thus, treatment may not always be effective which has side effects. In siddha aspect, stomach ulcer is termed as kunmam. There are more traditional medicines for treating ulcer which is more effective and has no sideeffects. This is also useful in preventing stomach ulcer. According to the "siddha system of medicine", the following Traditional remedies can be given. For the

increased pitha condition, carminative property of plants will be effective & preventive for treating kunmam.

**KEYWORDS:** Kunmam, peptic ulcer, Traditional remedies.**INTRODUCTION**

Peptic ulcer disease(pud) is also known as peptic ulcer or stomach ulcer which is break in the lining of the stomach or in the first part of the intestine or lower prt of the oesophagus. The medications used to decrease acid either a proton pump inhibitor or h2 blocker are recommended .Trouble breathing, swelling of face, lips, tongue or throat. severe nausea and diarrhoea, head ache, vaginal itching or discharge. In siddha aspect it is termed as kunmam. According to yugi muni aspect kunmam is classified into 8 types. They are vayu kunma, vatha kunma, pitha kunma, Eri kunma, vali kunmam, sarthi kunma, sannu kunma, kabha kunma. kunmam occurs due to pitha vathaa action.

The medicines which inhibit pitha action and compensating vatha nd kabha action should be preferable. For the treatment of increased pitha condition, commonly a drug with the taste of carminative property plants will be effective and preventive for kunmam.

## Traditional Medicines

### 1. *Indigofera tinctoria*

It is called as Avuri. It has bitter taste. Avuri root decoction cures kunmam.

### 2. *Ricinus communis*

It is called as aamanakku in tamil. It has bitter taste. Castor oil cures ulcer. Internally taking castor oil has effective for stomach ulcer.

### 3. *Zingiber officinalae*

It is called as inji in tamil. It has chilly taste. It has gastro protective and anti oxidative activity which contains gallic acid as an alkaloid. A preparation of zingiber, operculina turpethum, tinospora, csassia, plumbago, thrikadugu, caesalpinia, cardiosperma is heated and filtered in castor oil which cures ulcer.

### 4. *Azedaracta indica*

It is called as vembu in tamil. it has bitter taste. It has anti-gastric action(it cures ulcer through blocking the acid secretion). Extraction of flower, bark decoction cures kunmam.

### 5. *Allium cepa*

It is called as vengayam in tamil. it has bitter taste. It has carminative action. seeds of allium cepa is dried and powdered, 3-4 g is given along with sugar cures vatha, pitha, kabha kunmam.

### 6. *Aegle marmelos*

It is called as vilvam in tamil.it has acrid with little bitter taste. It has Anti-secretory and anti-ulcerogenic and ulcer healing property. Roots of vilvam decoction cures kunmam.

### 7. *Ferula asafoetida*

It is called as perungayam in tamil. it has bitter taste. It has carminative, anti-ulcerogenic property. 16-650 mg of fried asafoetida cures kunmam.

### 8. *Tamarindus indica*

It is called as puli in tamil. It has acrid taste. It has anti-ulcerogenic property which reduces the total volume of gastric juice and secretion. Bark of tamarindus and salt is burnt in a mud pot and 130 mg of this preparation giving for 2 duration cures kunmam.

**9. Phyllanthus emblica**

It is called as nelli in tamil. It has sour, sweet, acrid taste. It has gallic acid which is the major key bioactive component having healing activity of gastric ulceration. It has anti-oxidant, anti-ulcer property. Dried seeds of phyllanthus emblica decoction is taken and sugar, glychriza, cashew fruit, dates, piper longum is mixed with ghee and honey is added in particular stage. It is taken in the quantity of punnaikaai which cures kunmam.

**10. Morinda tinctoria**

It is called as nuna in tamil. It has chilly taste. It has anti-ulcerative, anti-inflammatory activity. Decoction of bark is taken and coconut water, lemon fruit juice, gingelly oil is heated and prepared in oil form which is taken as head bath cures kunmam.

**11. Achyranthes aspera**

It is called as naayuruvi in tamil. It has bitter, acrid, chilly taste. It has anti-oxidant, anti-ulcerative activity. Equal amount of Ash of achyranthes aspera, ferrosferic oxide powder, pepper is taken in the quantity of 5g cures kunmam.

**12. Thiripala**

It is a combination of thandrikai, nellikai, terminalia chebula which cures kunmam.

**13. Gingibera officinale**

It is called as sukku in tamil. It has chilly taste. It has carminative property. It has anti-ulcerative activity. Decoction of gingibera officinale cures kunmam.

"Thodamathi saarant thodarvatha kunmaneerth

Thodam aamam pokkunch sukku"

**14. Sukkan kaai**

It has bitter taste. It has carminative property. Fried seeds of sukkan kaai cures kunmam.

**15. Cuminum cyminum**

It is called as seeragam in tamil. It has chilly, sweet taste. It has carminative property. It has anti-oxidant activity. Extract powder of cuminum cyminum is given along with butter cures eri kunmam.

**16. Oporculina turpethum**

It is called as karungsivathai in tamil. It has bitter, chilly taste. It has ulcer preventive and ulcer protective activity. It has. 372 g of operculina turpethum root extract, sugar, 68 g of piper longum is mixed and given which cures kunmam.

"Kaaramudan kaipumundang kaana elividathai  
Paarvanar kunmathai patrarukum"

**17. Trianthea decandra**

It is called as sathisaranai in tamil. It has bitter taste. It has anti-ulcer and anti-secretory effects which inhibit gastric secretion and protects gastric mucosa from injuries. Leaf extract juice of trianthea decandra cures kunmam.

**18. Michelia champaca**

It is called as senbagam in tamil. It has bitter taste. It has carminative property. It helps in decreasing gastric juice volume, total acidity, ulcer index and increase in ph. Decoction of flower cures kunmam. Extract of bark decoction cures kunmam.

**19. Cyperus rotundus**

It is called as korai kilangu in tamil. It has anti oxidant property which cures gastric ulcer in this way. Decoction of cyperus rotundus cures kunmam.

**20. Tephrosia purpurea**

It is called as kolunji in tamil. It has bitter taste. It has anti secretory, cyto protective, anti oxidant due to the action of polyphenol alkaloid. Extract of root decoction cures kunmam.

**21. Plumbago capensis**

It is called as kodiveli in tamil. It has bitter taste. It has carminative property.

Mixture of plumbago capensis, hydragryum subchloride, carum copticum are mixed with sugar and taken which cures kunmam.

**22. Phyllanthus urinaria**

It is called as senkeelanelli in tamil. It has acrid, bitter, sweet, sour taste. It has anti-oxidant activity. Decoction of phyllanthus urinaria cures kunmam.

**23. Oxalis corniculata**

It is called as puliyarai in tamil. It has anti-oxidant activity. It has sour taste. Leaves of oxalis corniculata which is taken in the form of spinach cures kunmam.

**24. Cinnamom iners**

It is called as kaatu karuvapattai in tamil. It has bitter taste. It has anti-oxidant activity. Extract powder of cinnamom, glychriza glabra, acacia nylotica, aegle marmelos, moringo gums, limonia acidissima cures kunmam.

**25. Euphorbia antiquorum**

It is called as sathura kalli in tamil. It has bitter taste. It has anti-ulcer, anti-oxidant activity. Latex of euphorbia antiquorum, tamarind, cuminum cyminum cures vatha kunmam.

**26. Caesalpinia bonduc**

It is called as kalarchikodi in tamil. It has bitter taste. It has anti-ulcer, neuro protective, antinociceptive, anti-oxidant activity. Leaves of caesalpinia bonduc cures all types of kunmam.

**27. Erythrina vasiegata**

It is called as kalyana murukku in tamil. It has bitter, chilly taste. It has gastro protective, anti-peptic, anti-acid, anti-ulcer, hepato protective activity. Decoction of flowers of erythrina vasiegata cures ratha kunmam.

**28. Saccharum officinarum**

It is called as karumbu in tamil. It has sweet taste. saccharum officinarum along with sugar cures pitha kunmam.

"Kunma pitham pokkumathi kozhaithanai undaakum

Thunmalathut keedathai thotruvikum"

**29. Eclipta prostrata**

It is called as manjal karisalangani in tamil. It has anti-ulcer, anti-secretory, in vitro digestive, in vivo anti-ulcer activity. It cures inflammation in ulcer.

**30. Curcuma aromatica**

It is called as kathoori manjal in tamil. It has bitter taste. It has anti-ulcer, chemo protective, anti-oxidant, anti-tumour activity. It has carminative action. 1/4-1/2 mg of curcuma powder cures kunmam.

**31. *Cocculus hirsutus***

It is called as kattukodi. It has acrid and bitter taste. Decoction of root added with little extract of zinger and sugar which cures pitha kunmam.

**32. *Terminalia chebula***

It is called as kadukai in tamil. it has acrid taste. It has hydroalcoholic effect which evaluates anti-ulcerogenic effect. Purified chebula cures kunmam.

**33. *Alstonia scholaris***

It is called as Ealilaipalai. It has bitter taste. Powder form of root given quantity of 260-650 mg which cures kunmam.

**34. *Elettaria regains***

It is called as sitrealem. It has chilly taste. It has carminative action. Equal amount of Elettaria, Zingiber, Clove, Cuminum powder is given which cures kunmam.

**35. *Phonex dactilifera***

It is called as peariichu. It has sweet taste. Mate which is prepared from phonex sleeping is cures vata kunmam. kuruthu cures silathuma kunmam.

"Paareechu thankuruthai paeniye thinbavarku

Keericha kunmavali egumkan"

"Paareechup paayinitham pera thuranguvarku

Paaritha kunmam parakum menbar"

**36. *Cinnamomum verum***

It is called as ilavanga pattai. It has chilly and sweet taste. It has anti-oxidant, anti-gastric and anti-ulcer effects. It has carminative action. Equal amount of cinnamomum, zingiber, clove, pimpinella anisum, embelia ribes is prepared as decoction and given twice a day which cures kunmam.

## Scientific validation

s.no	Tamil name	Botanical name	Taste	Activities
1.	Aamanakku	<i>Ricinus communis</i>	Kaipu	May reduce pain and inflammation
2.	Inji	<i>Zingiber officinale</i>	Karpu	Gastroprotective and anti oxidant
3.	Ilavangapattai	<i>Cinnamomum verum</i>	Karpu inipu	Antioxidant, antigastric, antiulcer
4.	Sitreklam	<i>Elettaria regains</i>	Karpu	Carminative
5.	Ealilaipalai	<i>Alstonia scholaris</i>	Kaipu	Anti oxidant, carminative, anti ulcer
6.	Kadukai	<i>Termenalia chebula</i>	Thuvarpu	Hydroalcoholic effect that evalvulate anti ulcer effect.
7.	Kattukodi	<i>Cocculus hirsutus</i>	Thuvarpu, Kaipu	Anti oxidant and gastroprotective
8.	Kathoori manjal	<i>Curcuma aromatica</i>	Kaipu	Carminative
9.	Kalyana murukku	<i>Erythrina variegata</i>	Kaipu, kaarpu	Anti-acid, anti ulcer
10.	Kalarchi kodi	<i>Caesalpinia bonduc</i>	Kaipu	Anti - ulcer, anti oxidant, neuro protective
11.	Sathurakalli	<i>Euphorbia antiquorum</i>	Kaarpu	Anti- ulcer, anti oxidant
12.	Kaatu karuvapattai	<i>Cinnamom iners</i>	Kaarpu	Carminative, anti oxidant
13.	Puliyarai	<i>Oxalis corniculata</i>	Pulippu	Anti oxidant
14.	Senkeelanelli	<i>Phyllanthus urinaria</i>	Thuvarpu, kaipu, inippu, pulipu	Anti oxidant
15.	Kodi veli	<i>Plumbaga capensis</i>	Kaarpu	Carminative
16.	Kolunji	<i>Tephrosia purpurea</i>	Kaarpu	Anti secretory, cyto protective, anti oxidant
17.	Shanbagam	<i>Michalia champaca</i>	Kaipu	Carminative
18.	Sathi saranai	<i>Trianthema decandra</i>	Kaipu	Anti-ulcer, anti secretory
19.	Karun sivathai	<i>Operculina turpethum</i>	Kaipu, kaarpu	Ulcer preventive and protective
20.	Seeragam	<i>Cuminum cyminum</i>	Kaarpu, inipu	Anti oxidant, carminative
21.	Naayuruvi	<i>Achyranthes aspera</i>	Kaipu, Thuvarpu, kaarpu	Anti oxidant, anti ulcerative
22.	Nuna	<i>Morinda tinctoria</i>	Kaarpu	Anti- ulcerative
23.	Nelli	<i>Phyllanthus emblica</i>	Pulipu, Thuvarpu, inipu	Anti oxidant, anti ulcer
24.	Puli	<i>Tamarindus indica</i>	Thuvarpu	Anti ulcerogenic
25.	Perungayam	<i>Ferula asoefoetida</i>	Kaipu	Carminative, anti ulcerogenic
26.	Vengayam	<i>Allium cepa</i>	Kaipu	Carminative, anti secretory
27.	Vilvam	<i>Aegele marmelos</i>	Thuvarpu, siru kaipu	Anti secretory, anti ulcerogenic
28.	Vembu	<i>Azadirachta indica</i>	Kaipu	Anti gastric

## CONCLUSION

We are concluding that bitter, sweet, acrid tasting herbal medicines can be recommended for treating of kunmam which has been taken as the evidence from Textbook of Gunapadam - Mooligai, by Murugesu Mudhaliyar. Moreover, plants which has not alkaloid property should be documented.

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